

# Sesame: The new major food allergen



## Major food allergens



Peanuts



Tree nuts



Fish



Shellfish



Eggs



Milk



Wheat



Soy

## Prepare with care Take food allergies seriously

- Carefully check food labels
- Avoid cross contamination
- Wash hands and change gloves
- Clean and sanitize
  - Work surfaces
  - Cooking equipment
  - Utensils



Learn more:  
[minneapolismn.gov/food-allergens](https://minneapolismn.gov/food-allergens)

For more information on sesame  
contact 311 or your health inspector